



Aware Live Mindfulness Sessions

28 April – 1 May

**A free benefit from your
Employee Assistance Program
to help you and your family
stay well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

TO PARTICIPATE:

To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

EDT | GMT

Tuesday 28 April

12:00 pm		4:00 pm	English
12:30 pm		4:30 pm	English
5:00 pm		9:00 pm	Spanish LATAM
5:30 pm		9:30 pm	Spanish LATAM

Wednesday 29 April

9:00 am		1:00 pm	English
9:30 am		1:30 pm	English
4:30 pm		8:30 pm	English
5:00 pm		9:00 pm	English

Thursday 30 April

3:30 am		7:30 am	English
4:00 am		8:00 am	English
5:00 am		9:00 am	Spanish
5:30 am		9:30 am	Spanish
5:00 pm		9:00 pm	English
5:30 pm		9:30 pm	English

Friday 1 May

12:00 pm		4:00 pm	English
12:30 pm		4:30 pm	English